



Seniors Month

October 2024

Local Activity Guide

Find out what's happening in Manningham for Seniors Month!
Our local guide will help seniors, carers, and family members
find fun and affordable events and activities.



[manningham.vic.gov.au/
seniors-month](https://manningham.vic.gov.au/seniors-month)

Seniors Month October 2024

Tuesday 1 October 10.00am to 3.00pm Hearing Checks

Hearing Australia will offer free 15-minute hearing checks for adults on board their fleet of Hearing Australia buses.

- 👤 Hearing Australia
- 📍 Park Orchards Community House and Learning Centre, 572 Park Road, Park Orchards
- ✓ Bookings required
- 💰 Free
- ☎ 9876 4381

Tuesday 1 October 9.30am to 10.00am Third Age Fitness – Online Chair Cardio

Join Third Age Fitness for a live online exercise class. Chat with trainers about your goals and get free access to all workouts during Seniors Month. Chair cardio works your heart, arms, legs, and mind. Suitable for all fitness levels.

- 👤 Third Age Fitness
- 📍 Online
- ✓ Bookings not required
- 💰 Free
- 🌐 bit.ly/seniorsfest24

Wednesday 2 October 6.30pm to 8.00pm Evening Book Chat

Share your joy of reading with fellow readers. Led by a branch librarian, come along and discuss what you've been reading and learn what others recommend.

- 👤 Whitehorse Manningham Libraries
- 📍 Doncaster Library 687 Doncaster Road Doncaster
- 💰 Free
- ✓ Bookings not required

Thursday 3 October 4.00pm 100th Birthday Celebration for WW2 Veteran David Westwood

Join Doncaster RSL for an afternoon feast to celebrate the 100th birthday of local WW2 veteran, David Westwood. The celebration will include a visit from Defence Force officials and a fly over.

- 👤 Doncaster RSL
- 📍 Corner Doncaster Road and Leeds Street Doncaster Heights
- 💰 Free
- ✓ Bookings not required
- ☎ Dot Haynes OAM 0425 718 937

Friday 4 October 10.00pm to 12.00pm Seniors Morning Tea

Join Manningham Council as we celebrate the 60s with groovy entertainment and a delicious morning tea.

- 👤 Manningham Council
- 📍 Manningham Function Centre, 699 Doncaster Road, Doncaster
- 💰 Free
- ✓ Bookings required
- 🌐 manningham.vic.gov.au/seniors-morning-tea

Saturday 5 October 1.00pm to 3.00pm Carers Saturday Cuppa and Chat

Join Dr Nakisa Malakooti for a chance for people who care for someone living with a disability, illness, mental health and/or ageing to reconnect and find support over a free cuppa.

- 👤 Dr Nakisa Malakooti
- 📍 Manningham Uniting Church and Community Centre, 109 Wood Street, Templestowe
- 💰 Free
- ✓ Bookings not required

Monday 7 October 11.00am to 12.00pm Living Our Best Life – Talking Café

Join in on a weekly drop-in session where participants come together to socialise and learn about what's happening in their community. Each week a Talking Café Host will attend to welcome participants and guest speakers.

- 👤 Pines Learning
- 📍 Indulgence Café The Pines Shopping Centre
- 💰 Free
- ✓ Bookings not required

Tuesday 8 October 2.00pm to 3.00pm Book Chat

Are you an enthusiastic reader of fiction or non-fiction books? Do you enjoy discussing what you've read with like-minded people? Come along for a discussion lead by a branch librarian.

- 👤 Whitehorse Manningham Libraries
- 📍 Bulleen Library 79/109 Manningham Road, Bulleen
- 💰 Free
- ✓ Bookings not required
- ☎ 9850 3687

Tuesday 8 October 11.00am Coffee and Stroll

Join Active Manningham for a casual stroll through the local Mullum Mullum Reserve area, starting from and finishing at the stadium. Attendees can enjoy a complementary coffee or tea from the café after the session.

- 👤 Active Manningham
- 📍 Mullum Mullum Stadium, 31 Springvale Road, Donvale
- 💰 Free
- ✓ Bookings not required

Wednesday 9 October 10.00am to 10.30am Third Age Fitness – Online Building Strength

Join Third Age Fitness for a live online exercise class. Chat with trainers about your goals and get free access to all workouts during Seniors Month. Focus on building overall strength to help with daily activities. Classes end with a relaxing stretch.

- 👤 Third Age Fitness
- 📍 Online
- 💰 Free
- ✓ Bookings required
- 🌐 bit.ly/seniorsfest24

Book an activity today.

For more information, contact the Healthy Ageing Team at Manningham Council

☎ 9840 9230

- 📍 Location
- 👤 Host
- ✓ Bookings
- 💰 Cost
- ☎ Phone number
- 🌐 Website/email

**Wednesday 9 October
10.00am to 11.00am
Walking Football**

Experience the joy of Walking Football – a slower, social twist on the beautiful game! It's football with a fun, safe, and relaxed vibe. Join a 'come and try' event and give it a go!

- 👤 Football Victoria
- 🏠 Mullum Mullum Stadium, 31 Springvale Road, Donvale
- 💰 Free
- ✓ Bookings not required
- 📞 walkingfootball@footballvictoria.com.au

**Wednesday 9 October
5.00pm to 6.00pm
Twilight Bowls**

Join Donvale Bowls for free lawn bowls coaching for new players. Followed by an optional social game of bowls from 6.00pm to 7.00pm and an optional sit down meal in the club rooms.

- 👤 Donvale Bowls Club
- 🏠 Mullum Mullum Reserve, corner Reynolds Road and Springvale Road
- 💰 Coaching: Free
Social game: \$10.00
Dinner: \$10.00
- ✓ Bookings required by 4.00pm, Wednesday 2 October
- 📞 John Chandler
0448 005 662

**Thursday 10 October
approx. 9.00am to
approx. 2.00pm
Public Transport
Support Experience**

Seniors of Manningham are invited to join this supported public transport experience.

Be supported to travel from your doorstep to Bulleen Park and Ride, then use public transport for a trip to Sir Osborne Café and Parliament Gardens in East Melbourne.

- 👤 EV Community Transport
- 🏠 Bulleen Park and Ride
- 💰 \$5.00 booking fee plus \$3.00 for a Seniors Myki. Bring or buy your own coffee/lunch
- ✓ Bookings required
- 📞 EV Community Transport 9870 7822

**Sunday 13 October
10.00am to 11.30am
Australian Oriental
Martial Arts Class**

Manningham Seniors are invited to a free trial class to learn Chen-style Tai Chi.

- 👤 Australian Oriental Martial Arts
- 🏠 David Perry Hall
Doncaster Secondary College, 123 Church Road, Doncaster
- 💰 Free
- ✓ Bookings required
- 📞 0467 597 080

**Sunday 13 October
11.00am to 4.00pm
New Members Day**

Join Donvale Bowls Club for a chance to experience the allure of lawn bowls in a supportive, encouraging environment. Please wear flat shoes, all other equipment will be provided.

- 👤 Donvale Bowls Club
- 🏠 Mullum Mullum Reserve, corner Reynolds Road and Springvale Road
- 💰 Free
- ✓ Bookings not required

**Tuesday 15 October
10.00am to 11.00am
Osteo and Exercise
Physiologist
Presentation**

Join Park Orchards Community House and Learning Centre for a short presentation from a local Osteopath and Exercise Physiologist on health and movement. Followed by light refreshments.

- 👤 Park Orchards Community House and Learning Centre
- 🏠 572 Park Road
Park Orchards
- 💰 Free
- ✓ Bookings required
- 📞 9876 4381

**Tuesday 15 October
9.30am to 10.00am
Third Age Fitness –
Online Better Balance**

Join a live online exercise class with Third Age Fitness. Chat with trainers about your goals and enjoy free access to all online workouts during Seniors Month. Improve your balance and stability with targeted exercises.

- 👤 Third Age Fitness
- 🏠 Online
- 💰 Free
- ✓ Bookings required
- 🔗 bit.ly/seniorsfest24

**Wednesday 16 October
10.00am to 11.00am
Walking Football**

Experience the joy of Walking Football – a slower, social twist on the beautiful game! It's football with a fun, safe, and relaxed vibe. Join a 'come and try' event and give it a go!

- 👤 Football Victoria
- 🏠 Mullum Mullum Stadium, 31 Springvale Road, Donvale
- 💰 Free
- ✓ Bookings not required
- 📞 walkingfootball@footballvictoria.com.au

**Tuesday 22 October
approx. 9.00am to
approx. 2.00pm
Public Transport
Support Experience**

Seniors of Manningham are invited to join this supported public transport experience.

Be supported to travel from your doorstep to Bulleen Park and Ride, then use public transport for a trip to Sir Osborne Café and Parliament Gardens in East Melbourne.

- 👤 EV Community Transport
- 🏠 Bulleen Park and Ride
- 💰 \$5.00 booking fee plus \$3.00 for a Seniors Myki. Bring or buy your own coffee/lunch.
- ✓ Bookings required
- 📞 EV Community Transport 9870 7822

**Thursday 24 October
1.30pm to 2.30pm
CPR for Seniors-
Resuscitate a Mate**

This interactive and visual session will be delivered by an experienced Life Saving Victoria educator. Participants will learn emergency response, CPR practice and how to use a defibrillator.

- 👤 Pines Learning
- 🏠 Pines Learning
1/520 Blackburn Road
Doncaster East
- 💰 Free
- ✓ Bookings required
- 📞 9842 6726

**Thursday 24 October
11.00am
Coffee and Stroll**

Join Active Manningham for a casual stroll through the local Mullum Mullum Reserve area, starting from and finishing at the stadium. Attendees can enjoy a complementary coffee or tea from the café after the session.

- 👤 Active Manningham
- 🏠 Mullum Mullum Stadium, 31 Springvale Road, Donvale
- 💰 Free
- ✓ Bookings not required

**Friday 25 October
10.00am to 10.30am
Third Age Fitness –
Online Dance Party**

Join a live online exercise class with Third Age Fitness. Chat with trainers about your goals and get free access to all online workouts during Seniors Month. If you enjoy dancing, this session is perfect for you. Get ready to line dance and have a blast tapping your feet. Feel free to dress up in your hat and boots for added fun!

- 👤 Third Age Fitness
- 🏠 Online
- 💰 Free
- 🔗 bit.ly/seniorsfest24

**Sunday 27 October
12.00pm**

Family and Friends Funday

Enjoy a day packed with fun games, entertainment, face painting, a live band, plus a sausage sizzle, fairy floss, slushies, and more. Parking is available on-site or a short walk from Doncaster Park n Ride. Please wear flat-soled shoes.

👤 Greythorn Bowling Club

🏠 Greythorn Bowling Club, 7 Gregory Court Doncaster

💰 Free

✔ Bookings not required

🌐 greythornbowlsclub.com.au

**Monday 28 October
1.00pm to 3.00pm**
Dance it up!

Enjoy an afternoon of dance and movement followed by light refreshments.

👤 Park Orchards Community House and Learning Centre

🏠 572 Park Road Park Orchards

💰 Free

✔ Bookings required

📞 9876 4381

**Tuesday 29 October
10.30am to 11.30am**
Live Up! Presentation

Discover how to age healthily and stay independent with safe, active living. Come along and try a session that includes free helpful products like resistance bands and jar openers. Followed by light refreshments.

👤 Park Orchards Community House and Learning Centre

🏠 572 Park Road Park Orchards

💰 Free

✔ Bookings required

📞 9876 4381

**Thursday 31 October
10.30am to 12.00pm**
Wills and Power of Attorney information session

Come along for an engaging session on planning your future, covering Wills and Power of Attorney.

👤 Yarrunga Community Centre and Eastern Legal Community Centre

🏠 Yarrunga Community Centre, 76-86 Croydon Hills Drive, Croydon Hills

💰 Free

✔ Bookings required

🌐 socialplanet.com.au/activity/view?id=20583

**Mondays throughout
October, 6.30pm to 7.30pm**
Yoga and Mindfulness Mondays

Explore breath, postures, and meditation in Hatha Yoga classes designed to reduce stress and anxiety.

👤 Park Orchards Community House and Learning Centre.

🏠 Warrandyte South Hall, 68 Hall Road Warrandyte South

💰 Free (limit one free class per course. Not valid for a course you are already participating in)

✔ Bookings required

📞 9876 4381

**Tuesdays throughout
October, 12.30pm to 1.30pm**
Stay Fit Live Fit

A fitness class for the 50+ community focused on strength, balance, and cardio. Improve mobility, stability, and flexibility through resistance exercises while making friends and having fun.

👤 Park Orchards Community House and Learning Centre

🏠 Warrandyte South Hall, 68 Hall Road Warrandyte South

💰 Free (limit one free class per course. Not valid for a course you are already participating in)

✔ Bookings required

📞 9876 4381

**Tuesdays throughout
October, 2.00pm to 2.45pm**
Pilates

Join a dynamic Pilates class where every session brings a new challenge. Work on the mat with resistance elastics and spiky balls, engaging your core while incorporating leg and arm exercises.

👤 Park Orchards Community House and Learning Centre

🏠 Warrandyte South Hall, 68 Hall Road, Warrandyte South

💰 Free (limit one free class per course. Not valid for a course you are already participating in)

✔ Bookings required

📞 9876 4381

**Wednesdays throughout
October, 9.15am to 10.15am**
Yoga Wednesdays

Increase your health and wellbeing with this gentle, relaxing yoga practice, suitable for all ages and levels of fitness. This class is a great way to start your day, leaving you feeling more relaxed and uplifted.

👤 Park Orchards Community House and Learning Centre

🏠 Warrandyte South Hall, 68 Hall Road, Warrandyte South

💰 Free (limit one free class per course. Not valid for a course you are already participating in)

✔ Bookings required

📞 9876 4381

**Thursdays throughout
October, 9.30am to 10.30am**
Tai Chi

Tai Chi is a form of exercise that uses slow, smooth body movements to relax both body and mind. Regular practice of Tai Chi has been shown to help reduce stress and anxiety. This class is suitable for all levels.

👤 Park Orchards Community House and Learning Centre

🏠 Warrandyte South Hall, 68 Hall Road, Warrandyte South

💰 Free (limit one free class per course. Not valid for a course you are already participating in)

✔ Bookings required

📞 9876 4381

**Mondays throughout
October, 9.30am**
Momentum Strength

Come along and try a full-body strengthening workout using weights or bands, perfect for preventing osteoporosis and improving daily movement. Ideal for those with limited mobility. Wear comfortable exercise clothes and shoes, and don't forget to bring a towel and water bottle.

👤 Active Manningham

🏠 Domeney Recreation Centre, 52 Knees Road Park Orchards

💰 Free

✔ Bookings not required

**Wednesdays throughout
October, 9.30am**
Momentum Combo

Come along and try a low-impact workout featuring a mix of step, weights, bands, balls, and bodyweight exercises, finishing off with extensive stretching. Wear comfortable exercise clothes and shoes, and bring a towel and water bottle.

👤 Active Manningham

🏠 Aquarena Aquatic and Leisure Centre, 139/153 Williamsons Road, Templestowe Lower

💰 Free

✔ Bookings not required

**Thursdays throughout
October, 11.30am**
Momentum Easy

Come along and try a low impact music work outs, chair based activities, weights, bands and balls. Finish the session with flexibility and rejuvenating stretches. No floor exercises. Wear comfortable exercise clothes and shoes, and don't forget to bring a towel and water bottle.

👤 Active Manningham

🏠 Heimat Centre 125 George Street Doncaster East

💰 Free

✔ Bookings not required

Getting there

Manningham residents are encouraged to make use of the EV Community Transport Service to get you where you need to be, and to connect with social activities.

This service is available for both individuals and groups and is part funded by Manningham Council.

You can access activities within the Manningham area, such as:

- shopping centres
- social groups
- recreation and leisure centres
- libraries
- and cafés.

Transport is also available for access to medical appointments.

To learn more, or book your transport today, please call EV on 9870 7822.

要用您偏好的语言与人交谈，请致电 9840 9355。将有人为来电者和市政厅的对话直接进行翻译。

要用您偏好的语言与人交谈，请致电 9840 9355。将有人为来电者和市政厅的对话直接进行翻译。

Per parlare con qualcuno nella lingua che preferisci, chiama il 9840 9355. Il numero fornirà un servizio di traduzione diretto tra il chiamante e il Consiglio.

Για να μιλήσετε με κάποιον στη γλώσσα που προτιμάτε, παρακαλούμε καλέστε στο 9840 9355. Θα ενεργούν ως άμεσος μεταφραστής μεταξύ του καλούντος και του Συμβουλίου.

للتحدث مع شخص ما بلغتك المفضلة، يرجى الاتصال على 9840 9355. سيعملون كمترجم مباشر بين المتصل والمجلس.

برای صحبت با شخصی به زبان دلخواه خود، لطفاً با 9840 9355 تماس بگیرید. آنها به عنوان یک مترجم مستقیم بین تماس گیرنده و شورا عمل خواهند کرد.



Interpreter service **9840 9355**

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